The Examiner

Naval Hospital Twentynine Palms

"Serving with Pride and Professionalism"

Volume 7, No. 3 *An Award Winning Publication* **March 1999**

Naval Hospital Selects Sailors of the Year

In a recent ceremony Hospital Corpsman First Class John N. Trout, Leading Petty Officer and Facilities Manager for Branch Medical Clinic, Naval Air Weapons Station, China Lake, and Hospital Corpsman Third Class Donna L. Tenney, Leading Petty Officer for the hospital's Pediatric Clinic were selected as Senior and Junior Sailor of the Quarter.



HM1 John N. Trout

In an earlier Letter of Commendation, Petty Officer Trout's superiors wrote in part, "As the Facilities Manager you displayed a level of initiative seldom seen in one of your pay grade. Over a ten month period, you actively pursued a discrepancy cleaning contract, assisting the Base Contracting Officer's Technical Representative in resolving a major issue regarding the cleaning of the clinic's carpets. You worked closely with the ground maintenance personnel in detecting a water leak that had eluded them for a three month period of time. Your efforts resulted in a significant reduction in the clinic's water bill. In addition, you renovated spaces by painting, repairing or replacing fixtures, and setting up offices to accommodate changes in the clinic's needs."

Petty Officer Tenny's Letter of Commendation reads in part, "Throughout the year, you have been an invaluable team member of the Pediatric and Immunization Clinics, the Naval Hospital, and the Marine Corps Air Ground Combat Center. As Leading Petty Officer, you established an asthma walk-in clinic, initiated the Newborn Oto-Acoustic Emissions Testing program and spearheaded a mural painting project. These efforts have helped insure patients receive timely, quality medical care in a friendly

Please see SAILORS on page 5



HM3 Donna L. Tenney

Internal Medicine, Gynecology Clinics In Top 10 percent in all of DoD

Internal Medicine and the Gynecology Clinic at Naval Hospital Twentynine Palms have recently been recognized as being in the top 10 percent of all clinics in the Department of Defense's (DoD) health care system for the fourth quarter of Fiscal Year 1998.

Internal Medicine received a certificate for Outstanding Medical Care. The Gynecology Clinic at the hospital received a certificate for Outstanding Customer Service.

Internal Medicine and the Gynecology Clinics were selected for this honor by their customers they serve, which makes the honor much more important to the staff members of the clinics. This marks the second time this fiscal year that the Gynecology Clinic has been given this honor. Other clinics at the hospital honored this past fiscal year for outstanding medical care or outstanding customer service in DoD were Military Sick Call and the Pediatrics Clinic.

In addition, Naval Hospital Twentynine Palms was honored at a recent TRICARE conference in Washington, D.C. by the Assistant Secretary of Defense for Health Affairs for being a Distinguished Navy Hospital for Customer Satisfaction for 1997-1998 (See ***FROM THE DESK OF THE CO*** on page 3).

CG says Show Your Support *See page 2*

The Ultimate Success *See page 3*

New Desert Rats *See pages 8*

From the Desk of the Commanding General...

'If You Care, Show Your Support

Brigadier General C.L. Stanley
MCAGCC Commanding General

Recently, I had the pleasure of kicking off African-American Heritage Month with a cake-cutting ceremony aboard the Combat Center. I was happy to see a diverse audience of Marines, Sailors and civilians gathered to witness this important occasion.

While some may not be sensitive to the importance of our various ethnic heritage months, I'll be up-front with you...I am. Genuine concern for our nation's most precious asset—its people—was obviously on the minds of our founding fathers when they wrote, "...all men are created equal, that they are endowed by their Creator with certain inalienable Rights, that among these are life, liberty, and the pursuit of happiness."

Unfortunately, we're not quite there yet. My commitment as an American and a United States Marine won't allow me to rest until I have done my part to see that vision become a reality. I am strengthen by those who share my philosophy, and I'll learn from those who have a different point of view.

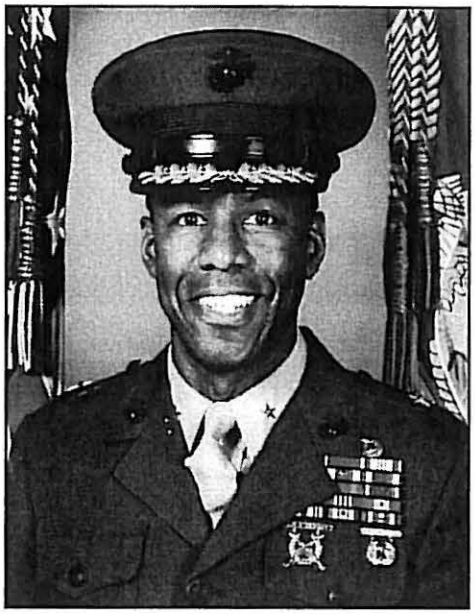
The beauty of this should be obvious: as Americans, we're free to make our own choices in life as long as they don't infringe on the rights of others. What a blessing, and I must say unabashedly, this is all the more reason I am "proud to be an American."

The 20th century has seen mankind take great leaps forward and shameful steps backward in every phase of its existence. It has witnessed personal stories that have brought joy and heartache to our moral conscience. One such story involves Dr. Martin Luther King Jr.

Dr. King was one of America's great leaders. He was a powerful speaker who spoke out in support of oppressed people everywhere. He led marches and held rallies demanding equal justice for everyone. Dr. King dreamed of a world free of hate, prejudice and violence. He was assassinated in pursuit of that dream. The man may have died, but his dream still lives today.

Some people may complain that our nation dwells too much on cultural history months. That it's just a waste of time because "it's old history...it wasn't me who committed all those atrocities...it's just no longer relevant." Well, it is relevant, even if you choose to ignore it because cultural differences still exist in this world. If you have to wait until you personally feel the sting of oppression and hatred before you see the light, it might be too late.

Let me close with these thoughts: if you care, continue to show your support and compassion for your fellow man. If you're less inclined to share in the appreciation and sensitivity for other cultures, read Luke 10:25-37 where Jesus reminded the Pharisees of the great commandment, "you shall love your neighbor as yourself." It's a lesson that still has relevance today.



BGen. C.L. Stanley, USMC

New Petty Officers...



HM3 Edward Espos, left, of Physical Therapy and Nathaniel Jessee, right, of the Family Practice Clinic are frocked to their current rank at a recent ceremony.

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The ***EXAMINER*** editor would like to thank all those who participated in this edition.

From the Desk of the CO...

The Ultimate Success Story

Last month (February 1 to 5) I attended the TRICARE meeting in Washington, DC. We had some wonderful, dynamic speakers, great breakout sessions, and insights into our patients' perspective of the health care delivery system. At the conclusion of the meeting, awards were presented to the medical treatment facilities with the highest patient satisfaction scores in the categories of medical centers, hospitals and clinics for each service.

I would like to congratulate each and every one of you for the award you received. And I mean exactly that! It had nothing to do with me, or the XO, or the Command Master Chief. **You** received that award because of the great job that you do every day taking care of our patients and customers. I always get letters from our patients about how pleased they are with their care, but isn't it nice to know that even DoD recognizes how good you are!

We will hang the award in the quarterdeck area of the command, near our report card and our certificates of accreditation, where everyone can see it in the course of the day – both patient and staff. And I hope that each time you pass by and see it, each one of you feels very proud of this accomplishment, because every one of you owns a little piece of it for the great job that you do day in and day out.

Many of the COs and XOs from other commands came up and asked me what was our secret. I told them it is because we have a great staff that makes us "the best little hospital in Navy Medicine." You make me so proud to represent you as your Commanding Officer. Relish your accomplishment. Well Done!!



Captain Joan M. Huber, NC, USN

Letters...

Excellent Medical Care

Dear Captain Huber,

I want to thank everyone at the Naval Hospital for all the excellent medical care, concern and good wishes I recently received.

I have always felt that the hospital had a top notch staff, but at the beginning of January it was made very clear to me just how true this is.

During my medical emergency everyone who helped me was calm, professional, and caring. I was recognized and identified by name and helped immediately. My PCM was notified and arrived quickly, and everyone involved were helpful and knowledgeable. I would like to especially recognize the Peds department for responding so well to a strange situation and one that involved an adult, to boot!

I could try to name every person who helped me, but there are so many I would leave someone out. So, instead I want to extend my heartfelt thanks, and that of my family, to the entire hospital staff, because I know beyond a doubt we have the greatest people in Navy Medicine right here in Twentynine Palms.

Sincerely,
Suzanne Cipra

As I prepare to PCS

Dear Captain Huber,

As I get ready to PCS the old adage comes to me "The best two duty stations you'll ever have are the one you left and the one you're going to". I am anxious to depart for several reasons, most prominent are not being a Geo-bachelor and being a full time Dad again! I will miss this place though, yes I'm talking about Twentynine Palms. I have been stationed in Adak, AK and here and there is one distinct similarity. At an isolated duty station the best things are the close friendships. You may be stationed at a "better place" but probably won't develop the kind of friendships that exist here. I hope everyone has had the opportunity the understand this. I have always felt the duty station is what you make of it. You can be miserable or have a great time...you decide!

I believe each of us is an example, good or bad. As I near the close of my career, people from the past come to mind. People who have meant so much in my career. HM2 Matt Bock who taught me sick call. HMCM J.T. O'Grady, who saw something in a 19 year-old HA and gave me opportunities and responsibilities that would benefit me to this day. Mr. Lacy (that's when a PA was a warrant officer) who taught me how to perform physical exams and how to present a patient to the Doctor. HM1 O. Cephas, who inspired a basic Lab Tech to apply for PMT school, a career choice that was great for me. There is one thing that bothers me though, these men departed before I realized the true benefits of what they gave me. I never had the chance to thank them. Their mentorship wasn't my option but I'm glad they saw something in me and took their valuable time to pass on these skills. As I continue my career I often hope that I have passed something positive onto those around me. I may never know but I have some examples from my past that are hard to live up to. If someone you work with has made a good impression on you, don't pass up the opportunity to let him or her know.

Take advantage of the good things the

Please see LETTERS on page 5

TRICARE Prime members and other CHAMPUS Families: If you have moved recently, please update your address with TRICARE Prime. Call Foundation Health at 1-800-242-6788.

Chaplain's Corner...

Victory Found in Goodness

'Do not be overcome by evil, but overcome evil with good'
Rom 12:21

By Lieutenant Daniel Dudley, CHC, USNR
Naval Hospital Chaplain

It has been said that we become like the things we hate. Isn't that a frightening concept! A quality we despise in another person could very well be our own self-inspection. When anger and hatred build, we become radically changed. When hatred and bitterness consume us, we grow vengeful and mean.

We are a people in need of what Paul calls a more excellent way. Paul then detailed that way under the banner of love. "Love" He wrote, "is patient, love is kind, love is not jealous or boastful; it is not arrogant or rude. Love does not insist on its own way; it is not irritable or resentful; it does not rejoice at wrong, but rejoices in right."

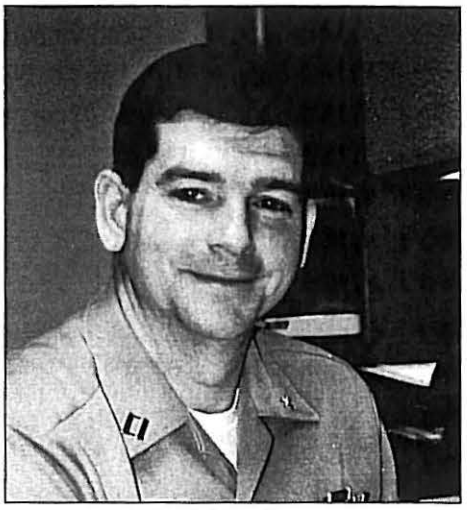
In his letter to the church in Rome, Paul made a specific application of love's way in a message about personal relationship. His summery statement goes like this "Do not be overcome by evil, but overcome evil with good." You will find victory in goodness. Do not become like the things you hate; turn your heart around and let love and goodness grant you victory.

Paul's main concern in his letter was for the triumph of love and goodness over evil. He cautions his audience that evil wins when we stoop to its level. Dr. Martin Luther King, Jr. once said, "darkness cannot drive out darkness; only light can do that". There is a simple litany that has been passed along by an old Saint that say's "Returning good for good is human. Returning evil for good is devil like. Returning good for evil is Christ like." The best defense against an offensive attack of anger is not to respond with harshness, but gentleness.

A little boy was one day playing in a canyon that had an echo. "Hallo!" He shouted. "Hallo." Said the echo. "Who are you," he asked. "Who are you," was the reply. He thought, hey, I am being mocked and became angry. "Why don't you come out?" He cried. "Come out," answered the echo. Then he really got mad and said "Come out I want to fight you." "Fight you" responded the voice. Then the little boy ran home and told his mother that there was a boy in the canyon who mocked him and made fun of him and threatened to beat him up. The boy's mother was familiar with the echo in the canyon, so she said "Run out again and shout I love you and see what happens next." So the boy ran to the canyon and yelled "I love you," and the voice came back "I love you."

This is a simple but wonderful lesson. If you make mean and ugly faces in a mirror, you will see all the ugly looks reflected back on the bright surface. So too, the people around us often reflect our own temper and speech. Treat others as you want to be treated.

"Overcome evil with good!" This admonition is a way of pointing us to the more excellent way of love. The love of Christ compels us to act in no other way then as peacemakers. We have enough troublemakers in this world. The foundation of humanity rests in those who embrace goodness over evil. Those who block out hatred, and those who would make an enemy a friend. You will find victory in goodness.



Lieutenant Daniel Dudley

Hail and Farewell...

Welcome

LCDR G. Sweet	HM3 J. Pineda
LT K. Arlinghaus	HN J. Morton
LCDR B. Morse	HN J. Quinsay
HR J. Camps	RPC D. Hernandez
HR M. Manio	HM3 K. Peek
HR E. Biscardi	HMC J. Paranal
HR C. Yoosefi	

Farewell

LTJG D. Whitley	HM2 K. Hendricks
LT D. Gertsch	HN G. McClain
LCDR B. Armstrong	HM3 J. Glascow
LCDR L. Grant	HM3 A. Reyes
LT R. Santana	HM2 C. Siddall
LT L. Valero	HMC K. Mass
LT M. Kruse	HM3 P. Flores
MS3 A. White	HM3 V. Smith
HM3 J. Beaver	HM3 L. Nay



HM3 Glascow receives his Desert Rat.

New Family Members

Hunt Baby Girl

HM3 Christina and Jason Hunt are proud to announce the birth of their daughter, Lacey Hunt who was born at Naval Hospital Twentynine Palms at 12:06 p.m. on February 10, 1999. Lacey weighed 6 pounds eight ounces and measured 18 1/4 inches long at birth.

Congratulations.

Hart Baby Girl

HM2 David and Melynee Hart are proud to announce the birth of their daughter, M. Khelsei Jhordyn Hart who was born at Naval Hospital Twentynine Palms at 8:55 a.m., February 12, 1999. Khelsei weighed 6.92 pounds and measured 19 inches in length at birth.

Congratulations.

LaForme Baby Boy

HN Valerie and Mark LaForme are proud to announce the birth of their son, Gavyn Michael LaForme who was born at Naval Hospital Twentynine Palms at 5:43 a.m., February 17, 1999. Gavyn weighed 7 pounds, 9 ounces and measured 19.5 inches at birth.

Congratulations.

LETTERS...

Continued from page 3

Navy offers. Learn from those in different departments, educate yourself in the Navy, attend college and work towards a degree, and get active in your command and community. Time is something that cannot be recovered, but investing your time is something that will reward everyone.

I look forward to transferring to MAG-13 in Yuma, AZ but will remember my time here fondly. Oh by the way, I'll probably be back here on CAX!

"Life's a dance you learn as you go, sometimes you lead, sometimes you follow".....have a great dance.

HMC(FMF) Mass

Thank You

Dear Captain Huber,

As you and some of our staff may or may not know, I have a chronic cardiac condition, and a pacemaker (which was implanted three years ago). I have been in our ER and have been admitted here, and also been transported from here to Desert Hospital in Palm Springs several times. Thursday, 4 Feb 99, I was subjected to this unplanned ritual again.

Today, 16 Feb 99, is my first day back to work after being hospitalized on the previous date mentioned. Reading some of my e-mail this morning revealed a deadline by Dan Barber for the upcoming edition of the hospital newspaper, "The Examiner" by COB today which will preclude my obtaining names of various people who were involved with my case. So please, all of you, if you worked ER on 4 Feb 99, forgive me as I was not taking notes that day!

To Dr. Kevin Blasingame (who Bob Knight, my husband MADE me go see ASAP that morning) who told Bob in Central Appointments as a corpsman wheeled me to ER that he suspected I was having a heart attack right then and there, all the doctors, nurses, military and civilian staff, fellow employee's and friends who took care of and interest in me while I was waiting to be transported to Palm Springs . . . thank you. Thank you for your excellent care. Thank you for just caring. Thank you for your prayers. To Chaplain Dudley, who came to visit me at the hospital (sorry I was asleep and missed you), to CAPT Pelini (I think) who was the O.O.D. one day during my hospitalization and called me on behalf of the Command with well wishes, to all who phoned or visited me, and especially to you Captain Huber, for all your thoughts, concerns, and the new nickname and logo. Naval Hospital Twentynine Palms truly is "the best little hospital in Navy Medicine!

Surgery was required in which a new pacemaker was inserted (hope this one works and lasts longer than the last one did, which was three years!) as the original was NON-functional. So now, Captain, I can live up to my new nickname ("Energizer Bunny"), and continue to "take a licking and keep on ticking". Again, my heartfelt thanks to everyone. It's good to be back.

Sincerely,
Nancy J. Knight ("The Energizer Bunny")

SAILORS...

Continued from page 1

environment and will save countless dollars in referral costs. Your support of command activities as a volunteer for numerous Navy Ball fund raisers and as a team member for many command, community, and "All-Marine" athletic teams has been truly superb and contributed significantly to staff morale."

Congratulations!

Milestones Marked...





Dave Marvel, left, receives recognition for 30 years of Civil Service, and below LyWayne Williams receives recognition for 20 years of Civil Service from Captain J.M. Huber, Commanding Officer, Naval Hospital Twentynine Palms.

Here's To Your Health...

Exercising in Hot Weather

By Carole Gaidis, Health Promotions
Naval Hospital Twentynine Palms

It's that time of year again and in Twentynine Palms there are quite a few people exercising in the heat. It's a fact. If you work out hard, you'll sweat. Some people used to think sweating meant that you were out of shape. The fact is sweating shows that your body is regulating its own temperature by getting rid of excess body heat.

Generally, sweating is good for you. However, working out in hot weather creates a lot of body heat, and this can impair your performance. Although the body has the ability to control its own temperature, you need to take extra precautions against heat stress, which increases dramatically as the thermometer rises.

Water Is Important

On a normal day we lose, and must replace, up to 2.5 quarts of water. With heavy exercise on a hot day, that amount can increase to 3 quarts per hour. Marathon runners may lose more than 5 quarts during a competition which can equal 5-10 percent of their body weight. Football, basketball, and soccer players may lose this much playing under similar conditions.

You can't rely on thirst to tell you how much water you need...

Since heavy perspiration causes a major loss of water, some salt, and other important minerals, exercisers need plenty of fluids to keep their muscles working smoothly, to prevent fatigue, and to keep their body temperature from rising too high.

You can't rely on thirst to tell you how much water you need. By the time you're thirsty, you already may have lost enough fluids to affect you performance and possibly your health. Drinking (12 ounces) of water 10-15 minutes before working out and 4-8 ounces at 15-minute intervals throughout is recommended.

Contrary to popular belief, cold water is best. Cold fluids (refrigerator temperature) leave the stomach and get to your muscles faster than warm ones. Also, sodas, fruit juices, and some athletic drinks with too much sugar take longer to reach the muscles than plain water and may cause stomach cramps. No more than six grams of sugar, or 1 ½ teaspoons, per 8 ounces of water is recommended.

Heed Warning Signs

There are some warning signs that will tell you if you're suffering from too much heat. Sweat contains salt and when you lose too much salt, heat cramps result. When your body's temperature regulating mechanisms can't keep up with heat loss, heat exhaustion occurs.

If this happens to you, take plenty of fluids immediately and rest. When you start drinking and eating again after your workout, you will naturally replace the minerals and nutrients you lost, so things like salt tablets are not generally recommended.

The most severe form of heat stress is heat stroke. This occurs when your temperature regulating mechanism breaks down. Your skin becomes flushed, hot, and dry. Sweating actually stops. Heat stroke is serious. It can lead to permanent brain damage. Get emergency help immediately.

Play it Safe

To safely exercise in hot/humid weather be sure to drink plenty of appropriate fluids, wear light-colored loose fitting clothes of porous material, avoid the severe sun hours around noon, allow yourself time to get used to the temperature and don't be a hero. Slow down if you feel any symptoms of heat stress.

Fit people are better able to adjust to hot weather exercise...

And, get in shape. Fit people are better able to adjust to hot weather exercise. They start sweating at lower temperatures than the unfit, thus keeping their body temperature down and their ability to exercise up.

If you wish to stay out of the heat join Chief Jackson during lunch. There is a step aerobic class from 1130-1230, Monday-Friday, in the Mental Health waiting area.

Source: Parlay International and President's Council on Physical Fitness and Sports.

LTJG Hayworth Admitted to ACHE



Lieutenant Junior Grade Jeffrey A. Hayworth, MSC, USNR, Asst. Head, Patient Administration Department, Naval Hospital Twentynine Palms was admitted to Associate status in the American College of Healthcare Executives on March 7, 1999.

Founded in 1933, ACHE is an international professional society representing nearly 30,000 healthcare executives. With comprehensive programs in credentialing, education, career development, publications, research, and public policy, ACHE works toward its goal of improving the health status of society by advancing healthcare management excellence.

Here's To Healthy Dining...

The Last Food Frenzy

By Elaine T. Grossman, M.S., R.D.
Naval Hospital Dietitian

As the sun sets on Superbowl Sunday and we roll our bodies away from the couch and snacks, so comes an end to the 1998/1999 holiday season. On Monday morning, a quick look in the mirror at what is happening below the shoulders reminds us that it is time to undo the last remains of the holidays. Now, if you never gain weight over the holidays, I don't like you very much and actually would prefer that you stop reading this column this very moment.

Now, for the rest of us, we need to do something!!! The first thought is how can I do this as quickly as possible with the least amount of pain. Well, first, good news is that fast weight on is generally fast weight off and if you go back to a fairly healthy food plan and a little exercise, your holiday weight will be gone in about a month. The weight that takes a long time to lose is the weight that has been there for a long time. Relax, it's not going anywhere and so it's time to consider what you are going to do for THE LONG RUN. I often talk about long term changes and I think that everyone knows that is the best, but the writing of this article was prompted by an advertisement on a magazine which read: "ACCELERATE FAT LOSS CLINICALLY PROVEN The program for 100% great health & weight loss from hips, thighs, belly"

Ohhhhh boy – that's for me!!!!!! I grabbed the magazine off the shelf (what else does one do while waiting in line to check out at the grocery store) and immediately turned to "The Diet." I skipped over breakfast because there was only one entry there so I knew that would not be enough food for me—same with morning snack and went directly to LUNCH. Looks like lots of food. Here's the lunch:

2 cups spinach

topped with a hard-boiled egg (chopped fine) AND

2 oz. CHOPPED SARDINES

And if that is not bad enough, we are suppose to drizzle with FLAXSEED vinaigrette.

Some people are really CRUEL – why would anyone eat that and who is telling us to eat this and how much money did they get paid to write this article?

Well, I said, this must be a fluke and so I jumped to a dinner, and it started off pretty good (because I like veggies). It was:

1 cup chopped oven-roasted veggies (tossed in 1tsp olive oil, salt & pepper)

Topped with 3 oz. DICED ANCHOVIES

Now, serve it over whole-grain pasta topped with 2 TBS. Olive oil and then top the whole thing with 1 TBS chopped FRESH rosemary!!

Now, I happen to be one of the few people who loves anchovies, but please give me (and everyone around me) a break. When my husband would make me angry, I would eat anchovies and then go to kiss him (yes I am mean). Can you imagine how long a relationship is going to last with only one person in a family following this diet? It even offered an afternoon snack of:

6 celery stalks (yummy) with

½ cup cottage cheese and topped with

1 oz. MINCED ANCHOVIES

HHEEELLLOOOO!!!! Is anybody home out there? It sure is easy to figure out why one would have fast weight loss....and even learn to leave food over on their plates.

While these meals might be helpful in teaching someone how to withdraw from "The Clean Plate Club" it certainly does not teach long term changes for a healthy diet and lifestyle.

When you decide to lose weight for the last time and make LONG TERM changes, please, at every meal, think – can I eat this for the long run? If the answer is NO, don't do it for the short run because it is surely not healthy for your body.

I will, at this point, before I end, I would like to take time out for a little commercial. I have been lucky enough to get some changes made. If anyone wishes to see me for reasonable weight loss, (active duty or family members) weight gain, vegetarian diets, sports nutrition or diet for a healthy lifestyle, simply call Central Appointments and they will help you with making an appointment. It is no longer necessary for a preliminary visit to the BAS, RAS or a Provider at the hospital if you choose to have nutrition counseling for one of these particular dietary concerns.

Three Receive Good Conduct Medals...



From left to right, HN Grace Ramirez, HM3 Kishan Harripersad and HM3Brandie Coleman receive Good Conduct Medals.

New Desert Rats...



LTJG David Whitley, left, receives his Desert Rat from Captain J.M. Huber.



HA Gregory McClain, right, receives his Desert Rat from Captain J.M. Huber.



HM3 James Beaver, right, receives his Desert Rat from Captain J.M.Huber.



Ms. Sandra Carrillo, left, of the hospital's Radiology Department receives her Desert Rat from Captain J.M. Huber.



HM3 William Wilson , right, receives his Desert Rat from Captain J.M. Huber and LCDR K. Goldberg, Director of Ancillary Services.

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